

Suffer No More

By James R. Cowan, Jr., M.D.

After age 35 many women's lives are plagued by symptoms of anxiety, irritability, disturbed sleep and depression. You wonder are these feelings normal or could there be something wrong. Traditional medical doctors often consider these complaints as trivial consequence of life, normal reaction to the stress of living in the 21st century. Further examination often reveals symptoms of daily nervousness, mood swings, impatience with children and spouses, decreased libido, memory, focus, and concentration. Fatigue, sleep disturbance, low energy and generalized misery have become commonplace for many women and men beginning at the age of 35. These symptoms, more often than not, can be related to hormone imbalances of estrogen and testosterone deficiency.

SOTTOPELLE Therapy is now available in New Jersey. Sotto Pelle is a state of the art, natural treatment of this deficiency utilizing soy, plant based pellets that are bio-identically designed by a compound pharmacy to deliver the exact amount of hormone needed for correction of the imbalance.

Individualized serum analysis provides specific determinations of hormones causing many of these symptoms. We also test for thyroid function and Follicular Stimulating hormones providing an individualized prescription for estrogen and testosterone replacement. Treatment is in a pleasant and comfortable physician's office.

The procedure is subcutaneous implantation (beneath the skin) of BioIdentical Hormone pellets (size of piece of rice) into the hip region under local anesthesia.

Pellets are derived from soy extract and are not carcinogenic as are many traditional estrogen prescriptions given by gynecologists to treat these common complaints... Implantations of the pellets are completely painless and the entire procedure takes approximately thirty minutes. No sutures are required; only a bandage which is removed in three days. Follow up serum hormone analysis is performed in one month in consultation with the doctor to review whether your hormones are indeed balanced providing optimum results in alleviating your symptoms.

Symptom relief begins in approximately 12 hours and significant relief occurs within one week and lasts approximately six months.

Women who are menopausal are prime candidates for hormone replacement therapy.

Depletion of Estrogen and Testosterone can also contribute to bad cholesterol, bone density disease, i.e. osteoporosis; loss of cardiac protection, loss of muscle tone and even prolonged exercise recovery time. In general hormone deficiency can interfere with many vital emotional as well as physical body functions. A major change can be seen in an increase in libido or sex drive and a return to a normal sleep pattern. Migraine headaches may also be due to hormone deficiency and a marked decrease in headaches can be seen with SottoPelle treatment.

Men also suffer from the effects of testosterone depletion. Wives and their partners often recognize the effects. It usually begins after age forty, but can start earlier. Symptoms include mood swings, irritability, impaired memory, poor focus and concentration and sleep disturbances.

More importantly low sex drive, erectile dysfunctions and enlarged prostate can become a significant problem after age fifty for many men. The use and popularity of Viagra is due to diminished levels of testosterone. Replacing these hormones for men return them to their previous levels of vital functioning on all levels of their being. Not only does sexual functioning return; general mood is greatly improved, energy levels increase and quality of life is returned. There is a marked improvement with couples who treat these symptoms together and again enjoy the intimacy of their marriage again. For men this is a very safe way to alleviate sexual side effects of aging without resorting to the use of prescription medications designed for erectile dysfunction. While these medications do work, there are numerous potential side effects.

SOTTOPELLE Therapy is hassle free. No more daily patches, pills or creams every day that do not sustain a continuous relief of symptoms. Patients after treatment feel more in control of their bodies, feel vital and energetic. They are calm, relaxed and relate their families, friends and work colleagues with less stress and frustration. Sex drive is dramatically improved. You will be more enthusiastic about life and enjoy better mental Clarity.

So many people suffer from the devastating feelings of hormone deficiency. Now SOTTOPELLE, the new revolutionary and safe therapy, is available in Bergen County New Jersey in our office in Ridgewood.

Call us for more information or to set up an appointment in our office in Ridgewood, New Jersey. Our phone number is 201-670-4124 or go to our website:

www.advanceddimensionsinhealing.com to see what we are all about.